EVERGREEN

Aug. 29.—Mr. ... and Geo. ... visited in the home ... week.
Miss Virginia Ferguson, ... burg has been visiting her ... Evelyn Harvey.
Mrs. Mattie Robinson ... returned to W ... after visiting for the ... Mrs. Ruth Jennings and ... on Sunday with Mr. ... Mrs. Norman Dawson ... ty.
H. Wednesday night to ... town.
Billy Robey and Fred Philhower expect to go Tuesday for Philhower, ... visited their mother, ... pected Saturday.
Mrs. Bettie Crafts ... her home ... Mrs. Lillian Crafts is also ... W. J. Smith attended ... quet ... Holden Hotel ... mond Tuesday night.

SPOUT SPRING

Spout Spring, August ... report is improv... Billy Dickerson ... us, of Chatham, spent the ... Mrs. and Mr. and ... E. Dickerson.
Miss Margaret Jennings ... home ...

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Solving School Clothes Problems

By CHERIE NICHOLAS

WHAT to wear "first day of school" and the day after the day after and for months to come in the class room—an ever important problem which the month of September never fails to present as it sings the swan-song of happy vacation time.

To doting mothers and others whose responsibility it is to see that the children of the household go suitably and modishly apparelled to school, the message in regard to juvenile fashions according to early fall showings is sure to prove nothing less than inspirational. That designers are giving so much of their best efforts to create attractive, at the same time practical styles for little folks ought to be a very encouraging sign for future costuming.

The trio of cunning models pictured tell a fascinating story of early fall juvenile style trends. These charming fashions were selected for illustration from among a host of equally as attractive outfits for youngsters as displayed in recent style shows held by the Chicago Wholesale Market council. The young miss standing to the left in the picture shows how really style-wise a little girl of this day and generation can be in that she is wearing a frock of green wool crepe, and green as the color card tells us is a leader this season, especially dark mossy greens. Then, too, interest in crepe weaves is very apparent in the fabric realm. Being jumper style this dress is ideal for school wear, for the little maiden can enjoy a fresh blouse each day if she so chooses.

Again brother and sister outfits are proving of tremendous appeal and in this connection it is interesting to note that the two-sister theme is also being advanced, in which connies showing duplication of color and pattern are sized to fit little girls of different ages. In the instance of the brother and sister outfits pictured, plaid in a gay new cotton weave will go off to school in a manner to delight every eye that beholds this adorable two-some. The contrast of plain with print is effectively emphasized.

Speaking generally of style items stressed at these recent previews of children's fashions one is impressed with the radical color departure in little fotks' costumes. Instead of the dainty childish colors usually associated with the juvenile world, little girls are now adopting the greens, browns and reds of their older sisters with of course a continued use of dark blue.

Also it is noted that plaids identify an increasing number of frocks this fall, taking from the formerly favored floral prints considerable of their glory. One clever frock in the style parade looks like a genuine Scotch costume with its red plaid pleated skirt and navy bolero over a white blouse. Frocks of unusual interest also feature the use of three and even four colors.

As to important fabrics it is significant that woolens are proving a strong factor. Wool crepes and novelties lead, while even the cottons take on a wool-like texture.

© Western Newspaper Union.

SMARTLY SIMPLE

By CHERIE NICHOLAS

This frock of navy and white colndot print in a chalk crepe weave is a good example of the new vogue which is being so enthusiastically acclaimed for simplicity in one's daytime apparel. It is just such a type as the well-dressed school girl will wear, as it will be equally at home in the classroom or at an informal dormitory tea; just as good form in the office, for that matter. Note that it is styled without pleated or ruffled elaboration, fancy lingerie touches or any other detail that would be difficult to handle in laundering, for as most women have found out to their joy and satisfaction these all-rayon crepes wash perfectly.

Rings Over Gloves

Signet rings are being worn over gloves by engaged girls of London.

HAT TRENDS FOLLOW THREE DIRECTIONS

Three trends are the outstanding hat news. The first is the rule "over the face," for virtually every hat pitches forward over the right eyebrow and curls up in the back. The second is double brims with one piece of felt swooping down from the crown, turning under and looping back into the head band. The third is the use of such 1910 fabrics as panne velvet, beaver, soft drape felts and feathers.

Feathers are everywhere. Black birds of paradise swoop forward from under the wide curved-up brim of a black panne velvet. A white bird, wings outspread, hangs head down from the back of a black felt. Five little rose birds lie flattened on the crown of another black felt.

Muffs Assume New Shapes for Fall and New Furs

Muffs for fall are assuming new shapes and new furs.

There's just enough room in them for your two hands, and after all, that's all the room a muff needs, when you consider the situation impartially.

These are shown in sleek, flat furs, for wear with furless coats and suits and they're the last whisper from the last boat from Paris.

Practically the same effect is gained by the new muff gloves shown in recent displays of advance winter styles.

These are of Angora knit, with a long cuff which may be pulled down over each hand. Place the hands together in the approved fashion for muff-holding, and lo!—you have a muff.

Satin Blouses

Satin in peculiarly becoming offshades made with drapey necklines and fulled elbow sleeves is first choice in the thorough line-up of luxurious blouses which the shops are showing for fall.

Plaid Crepes

Mossy crepes in plaid patterns will be shown in jacket suits, scarfs and blouses for early fall.

OUR COMIC SECTION

Events in the Lives of Little Men

FINNEY OF THE FORCE

By Ted O'Loughlin
© by Western Newspaper Union

Experts

THE FEATHERHEADS

By Osborne
© Western Newspaper Union

Gaining a Lap

Frock That Makes Its Own Appeal

PATTERN 9905

Probably you are already quite prepared to pounce upon this design. It usually has that effect. If you are a woman who "budgets" and counts her pennies, we are dead certain about your frame of mind. It will be simply devastating in any of those pretty inexpensive cotton prints —and Bridget will beam on you when it goes to the laundry. Those graceful sleeve flares alone, not to mention the scalloped details, are enough to make a woman decide she cannot live without it.

Complete, diagrammed sew chart included.

Pattern 9905 may be ordered only in sizes 12, 14, 16, 18, 20, 30, 32, 34, 36, 38, 40 and 42. Size 16 requires 2¼ yards 39-inch fabric and ¾ yard 2-inch ribbon.

Send FIFTEEN CENTS in coins or stamps (coins preferred) for this pattern. Be sure to write plainly your NAME, ADDRESS, the STYLE NUMBER AND SIZE.

Send your order to the Sewing Circle Pattern Department, 232 West Eighteenth Street, New York.

Smiles

HOLDING HER OWN

They met after ten years.

"Has your wife kept her charming figure?"

"Kept it? She has doubled it."—Der Lustige Sachse (Leipzig).

The New Member

Committee—We wish to make you treasurer of our club.

Victim—Thanks for the honor. How much is there in the treasury?

Committee—At present there is a deficit, but we thought you might be willing to make it up.—Pathfinder Magazine.

Quite Safe

Mrs. Deleigh (meeting politician at party)—I've heard a great deal about you.

Politician (absently) — Possibly, but you can't prove it.—Ottawa Citizen.

Put Polly in a Closet!

Daughter—Mother, do you want me to put the parrot on the back porch?

Mother—Positively no. Your father is repairing the car in the back yard.

FRESH FLAVOR
WRIGLEY'S SPEARMINT KEEPS PERFECT GUM

Famous Old Portuguese City

Sunny Oporto, Which Gave Its Name to Port Wine, One of the Most Picturesque of Old-World Centers of Population.

Few people realize that Portugal, the most ancient of the actual colonizing countries of Europe, still rules the third largest colonial empire. Only England and France possess more outlying domain.

To call attention to the resources and development of Portugal's 826,-694 square miles of colonies in Africa and Asia, a national colonial exhibition was held in Oporto from June until September.

"Although second in population and importance to Lisbon, the capital, Oporto is the best known city of Portugal to outsiders, because it has given its name to port wine, one of the nation's chief exports," says a bulletin from the Washington headquarters of the National Geographic society. "'Oporto' means 'The Harbor' in Portuguese, but to its residents the city is simply 'Porto.'

"Oporto's rainbow-tinted, tile-roofed buildings terrace the slopes of a cliff on one side of the Douro river gorge. On the opposite side of the canyon is the town of Villa Nova de Gaia, where the port wine warehouses are located. Two magnificent bridges span the deep gorge.

"There are three rival views. One is from the Dom Luis bridge, looking up at the city on the heights and down on the busy waterfront by the chocolate-colored river, where quaint sailing craft and modern freighter meet. Another view is from the heights down on the granite gorge of the Douro. A third, from the Ribeira, or river road, has an unbelievably picturesque background of steep streets and tall, narrow houses with projecting gables and colored tile facades.

"Built into the wall at the foot of the cliff are all manner of little booths patronized by longshoremen. The river road, which is always thronged, is the photographer's Mecca.

"Here are the bullock carts awaiting their loads; here the human carriers, men bearing burdens in boat-shaped baskets on their shoulders and women carrying everything imaginable on their heads, from a load of slate slabs or a basket piled high with codfish to a baby asleep in a cradle. The load is balanced on a little circular pad resembling a hard pincushion.

"In Lisbon the ox cart has practically disappeared, but in Oporto it holds its own beside the automobile and the electric tram. The rural 'singing carts,' whose creaking is heard from afar, however, are unknown in the cities, where such sounds are painful, and the wheels are kept well oiled.

"On street corners women sell freshly boiled shellfish, which are as popular as peanuts with us. The bright handkerchief worn over the woman's head in the Minho district is here replaced by a small, flat, circular, black velvet hat. Men, with baskets slung from the ends of poles, trot the streets, selling fruit and vegetables.

"The homes of the middle class are one-floor apartments in tall downtown houses, but the wealthy citizens live in the suburbs, where their ornate homes are half hidden behind trees and flowering shrubs, the gardens enclosed within high stone walls.

"In no other city save Rio de Janeiro is there such a satisfactory sight-seeing tram system. Twenty different lines come into the Praca da Liberdade. Each car bears a number, and a little book with a map gives its itinerary. You can ride to the river's mouth, up the coast to Leixoes, where the ocean liners dock, and back to town through the residential section, or across the bridge over the Douro to Villa Nova de Gaia.

"In the business district there are shop windows filled with the attractive gold and silver filigree jewelry manufactured in and near Oporto. The finest example of the silversmith's art is in a chapel of the old cathedral, where the altar, tabernacle, reredos, and plate are entirely of silver, a century's work of Portuguese artists.

"The inner walls of the railroad station are covered with historic paintings in blue and white glazed tiles. To follow these pictures in sequence is to know the outstanding events in the city's varied history, through Roman and Visigothic rule down to that red-letter day, in 1386, when King Joao I rode through the northern gate beside his fair English bride, Philippa of Lancaster, daughter of John of Gaunt. A warm friendship, exemplified during the World war, has ever since existed between England and Portugal. Among the five sons born to Joao and Philippa was the prince known as Henry the Navigator.

"Christopher Columbus studied navigation in Oporto, on his way from Spanish Galicia, where his boyhood was spent, to Lisbon; but he was little known in those days and is not in the tile picture.

"The vines which produce the port wine grapes are not grown near Oporto, but about sixty miles up the Douro valley. The sailing boats which bring the barrels of wine downstream to warehouses in Villa Nova de Gaia are flat-bottomed, to pass over shoals and around sand bars. They are most picturesque, with a spoon-shaped prow and one huge, square sail, belying in the wind like those used on the earliest type of Phoenician craft. When the boats are bound upstream, long, heavy poles are employed, and progress against the current is achieved by main strength.

"Beside the new carriers on the lower Douro are gondola-like boats with graceful lateen sails, an inheritance from the Moors; and narrow boats, high in prow and stern, like the ancient Grecian galleys. A book could be written on the strange craft to be seen in Portuguese waters."

Polish

Very often a car is better polished than the man who is driving it.—Florida Times-Union.

BAD NAME GIVEN TO DRAGON FLY

Harmless Insect Victim of Silly Old Myth.

Oh, the devil's darning needle! exclaimed Miss Damsel Fly to Mr. Dragon Fly as the bad boy made a cruel swat at them with a big stick. Now wasn't that awful of the bad boy to wish to kill these harmless insects? Before condemning him for his cruelty, however, consider his side of the story.

There are numerous myths, legends, superstitions, beliefs, etc., about dragon and damsel flies, known scientifically as "odonata." The odonata have been called "devil's darning-needles," "snake-doctors," "snake-feeders," "horse-stingers" and many other "harsh" names. Bad boys the country over have been warned that if they persist in their wayward ways the devil's darning-needles will sew up their ears. Naturally the boys dislike the big insects and try to kill all they see. Providing, of course, they are not scared of them.

Perhaps the most widely circulated myth about these insects is that they are "snake-doctors" and "snake-feeders." They are accused of administering to snakes when sick or hurt. In some localities they are even credited with the power of bringing snakes back to life after they have been killed. And some people believe that wherever you see a "snake-doctor" there you will find a snake—so beware! Others are afraid of these needle-like creatures for it has been handed down from generation to generation that one sting from the "poisonous" thing will mean instant death. Yet, as no human has ever been stung by one of them they are called "horse-stingers." But this notion that they sting even horses is equally mistaken.

The truth of the matter is that dragon flies, damsel flies, snake-doctors, devil's darning-needles or what ever you choose to call them are harmful or dangerous only to other insects. The only time these creatures will harm a person is when one is so foolish as to poke his finger up into one's mouth. Some of the larger species have fairly strong biting jaws which are capable of slightly nipping a finger. They actually help man by feeding on such injurious insect pests as gnats and mosquitoes. All odonata live in water until they get their wings. Thus they are always found around ponds, small streams and other watering places in summer. Some 300 species are found in the United States.—Pathfinder Magazine.

Stone Relics Believed Those of Old Americans

Two pointed bits of stone, chipped neatly along the edges and underside by the handiwork of man, have been discovered in Virginia by David I. Bushnell, Jr., collaborator of the bureau of ethnology of the Smithsonian institution. They are like ordinary arrow points in some respects, but in others greatly unlike them. Their discovery in Virginia poses a problem for students of American pre-history which may lead to important revisions of current ideas about the early settlement of this continent.

For these are not Indian arrowheads, but remains of a race much older and long since extinct on this continent. Flint points of this kind first were turned up in 1925 near Folsom, N. M., in the course of some excavations for the Colorado Museum of Natural History, Denver. Later, working in the same place, more curious points were discovered by Barnum Brown, of the American Museum of Natural History, New York, and first were recognized by Mr. Brown as relics of a race more ancient than the Indians.

The relics consequently have been called "Folsom points." In the opinion of Mr. Brown they date back to 15,000 or 20,000 years, to the close of the last great Ice age on this continent. Part of the proof of their great antiquity lies in the fact that they were associated in the Folsom quarry with bones of a type of bison now extinct, and were overlaid by many feet of wind-blown silt deposited by dust storms which followed the retreat of the glaciers.

Moreover, a little later, points of similar type were discovered by Edgar B. Howard, of the University of Pennsylvania museum, in a cave near Carlsbad, N. M., with charred remains of many extinct animals, and with charred horn of a musk-ox. Asking what conditions would make it possible for musk-oxen to live as far south as Carlsbad brought scientists to the conclusion that in the time when Folsom men lived and hunted there, New Mexico must have been a sort of sub-Arctic tundra.

But here is the difficulty: the east ern part of the United States hitherto has been considered uninhabited by the Folsom people. The Folsom culture evidently was a plains culture, while the East was heavily forested almost to the ice belt which once came as far south as the present site of New York city. The discovery of Folsom points in Virginia thus presents a queer difficulty, something of a paradox, yet perhaps not one incapable of solution. The Folsom culture may have been a very extensive one, which lasted on this continent for many hundreds of years and gradually adapted itself to conditions in the East.

The characteristic "Folsom points" are not arrow heads. It is considered more likely that they were javelin heads, though Mr. Bushnell, upon examination of those he found, said that they may not have been weapons at all, but skinning knives and flesh and hide-working tools.—Literary Digest.

FOOT IRRITATIONS
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Place for Gelatin on Menu

Pleasant to the Taste, and Gives the Consumer Little Worry as to Added Weight; Should Be a First Favorite With Dieters.

On a subject of general interest to housewives, especially mothers, the value of gelatin as a food, an authority pens the following:

The other day a reader asked me if I would write something for the column in regard to the value of gelatin as a food. "Some one told me," she said, "that gelatin was fine for a reducing diet, because it did not have any calories."

The short answer is that gelatin has calorie value, but that it takes so little of it to make a jelly that when you eat a gelatin dish, flavored as it usually is, with fruit juice, you get few calories. It is a real help in planning a reducing diet. Being in solid form, it gives a feeling of satisfaction which is lacking in the fruit juice or even the fruit itself.

Several holidays of the gelatin dessert or salad can then be used and the "dieter" will feel as if he had eaten several times as much bulk as the amount of fruit actually gives. Of course, he must be sure that a large amount of sugar is not used with it.

Children almost invariably like gelatin desserts. They are so easily made that mothers use them a good deal in the children's meal plan. In my childhood we demanded "shaky," as we called it, often for dessert. We were particularly fond of it when it was cut into cubes after it was set, and piled into a glass dish.

The fruit juice left from an opened can of fruit may always be used in this way. An even easier way of making the gelatin dessert is to use the already flavored gelatins. Real fruit juices are used in the good quality products now and you may take your choice of flavors. You probably have your special favorites in flavors, as I have.

Gelatin combined with milk or cream is always a good combination. When combined with it milk has a special nutritive value, as it furnishes a comparatively large quantity of a special protein which milk has not in as large quantities, while milk supplies one which gelatin lacks entirely. This lack led to the belief, when the science of nutrition was in its infancy, that gelatin had no value as a food. Later study, which has caused us to regard all tissue are very complicated. There are many different proteins. Most foods, such as milk, eggs, nuts, and cereals, contain several different proteins. Gelatin is one of the proteins found in meat and is extracted from the connective tissue and from the bones by long boiling. Each protein is made of many different, simple constituents which are known as amino acids. To made perfect protein which will give the body everything it needs to build new tissue there must be proportion of all these acids.

Some of these acids are more valuable than others, because they will promote growth as well as maintenance. Gelatin lacks entirely one of the most valuable of these acids but at the same time has a very large proportion of another most valuable acid and good amounts of the others. Thus, while gelatin could not be depended upon for the total supply of protein it is 100 per cent valuable in a diet where there is plenty of milk or other foods which contain plenty of the complete proteins." No one would ever need to depend on gelatin for the total food supply—therefore the fact that gelatin is an "incomplete protein" is of little importance.

It seems to me that gelatin has its great value as a food from the fact that it makes other foods more attractive and interesting. Some one has called it a "carrier of vitamins," That can be true if it is combined with other foods which contain vitamins. It might just as easily be called a carrier of minerals or of any other food constituent which is mixed with it. The way we use it, it is practically never used alone.

Gelatin's next greatest value, as we have mentioned, is that it is easily digested. This makes it most useful in planning meals for children and invalids. The best reason for using gelatin is the fact that almost everybody likes gelatin salads and desserts. Desserts can be varied so much by serving them as plain jelly with fruit flavor, by adding fruit or milk to them, and by beating the gelatin to a sponge as it thickens. The busy housewife regards gelatin as an aid to quick meals.

Fruit Whip.

1 package strawberry gelatin
1 cup boiling water
1 cup canned cherry juice
1 cup canned white cherries, stoned and cut in pieces
6 marshmallows, cut in pieces

Dissolve gelatin in boiling water. Add cherry juice. Cool. When gelatin is almost set, beat to very stiff froth. Fold in fruit and marshmallows. Pile in glasses. Chill.

Vegetable Salad.

1 package lemon gelatin
1¼ cups hot meat stock
½ teaspoon paprika
1 teaspoon salt
¼ teaspoon pepper
¼ cup vinegar
½ teaspoon onion juice
2 cups cooked vegetables, well drained

Dissolve gelatin in the boiling stock. Add vinegar and seasonings. Chill. When it begins to thicken, add the vegetables. Mold and chill.

Salmon Salad.

1 package lemon gelatin
2 cups boiling water
2 tablespoons lemon juice
¾ teaspoon salt
1 cup green peas
1 cup carrots, diced

Remove two tablespoons of the measured boiling water, add lemon juice and salt and dissolve gelatin. When it begins to thicken press in the salmon and let this layer harden. Then add another layer of gelatin lined active and reserve military forces of the United States. mixed with the peas and carrots, and serve with salad dressing.

© Bell Syndicate.—WNU Service.

CHURCH HYMNALS DEAR TO HEARTS OF WORSHIPERS

In every religious system, the singing of songs and hymns is an important part of the ritual. Some of the finest poetry of the ages has gone into the hymns of the Christian churches, and skilled musicians have contributed the best of their art to provide suitable tunes.

Naturally, the hymnals have been changed, as the years went on, just as have other forms and ceremonies. The change in hymnology, it must be confessed, has not always been for the best.

The president of the Hymn Lovers' Society of America protests that most of the hymns sung today are atrocious. His society, he says, will attempt to raise the standard in all denominations.

The fact that a hymn is old does not, of course, militate against it. Nor does the fact that it is a relatively new production argue that it is unfit. There are old hymns that will live forever, and there are new ones that have tremendous appeal to all that is to be regarded as uplifting, worshipful and devotional.

Such hymns as "Rock of Ages," "Jesus Lover of My Soul," "Nearer, My God to Thee," "Coronation," "Blest Be the Tie That Binds," and similar ones of Toplady, the Wesleys, Watts, Newton and Montgomery, are sung today as they were sung many generations ago, and, it is to be hoped, will be sung many generations hence.

Along with them are songs, regarded by the younger folks, perhaps, as old, but, by comparison, relatively new, and these lack nothing the older hymns possess. Among them is Washington Gladden's hymn, "Oh, Master, Let Me Walk With Thee," a hymn that breathes resignation, humility, steadfastness of purpose and rare courage.

The aim and purpose of the Hymn Lovers' society are praiseworthy. One hopes, however, that there will be no wholesale deletion of the old and popular hymns to make room for modern ones, just on the score that the old hymns are old and that the new ones are new.—Ohio State Journal.

Switzerland Militant

The distinction of having the largest army in proportion to its population, belongs to Switzerland, most citizens strangely enjoy the reputation of being the most peaceloving of the civilized peoples of the world, thereby seemingly refuting the theory that large armaments are the breeders of wars, observes G. R. Turner in the Kansas City Times. In this tiny Alpine republic almost every able-bodied male inhabitant is a trained and efficient soldier. With a total population approximately equivalent to that of the single American city of Chicago, Switzerland supports an army (inclusive of regular and reserve troops) more than one and one-half greater than the com-

If you feel low-
don't be discouraged—remember, loss of strength . . . sleeplessness . . . nervousness . . . paleness . . . lack of appetite . . . and general run-down condition quite often may be traced directly to low blood strength—that is, the red corpuscles and vital oxygen-carrying hemo-glo-bin of the blood are below normal.
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